

## **Revolutionizing Mental Health & Human Services**

### **Trauma-Informed Care: A New Dynamic Framework for Healing and Recovery**

CMHS's NCTIC promotes the learning exchange arising from the growing recognition of psychological trauma as a pivotal force that shapes the mental, emotional, and physical wellbeing of those seeking healing and recovery with the support of mental health and human services.

Knowledge about the prevalence and impact of trauma has grown to the point that it is now universally understood that almost all of those seeking services in the public health system have trauma histories. Trauma-Informed Care (TIC) provides a new paradigm under which the basic premise for organizing services is transformed from "what is wrong with you?" to "what has happened to you?" TIC is initiated through an organizational shift from a traditional "top-down" environment to one that is based on collaboration with consumers and survivors.

In true partnership, the path to healing is led by the consumer or survivor and supported by the service provider. Within this dynamic learning community where staff and clients learn from one another, consumers and survivors no longer experience a hierarchical approach in service delivery. Those seeking services are empowered to proactively set goals and manage their roads to health and wellbeing, with peer support enhancing social healing opportunities. Consumers and survivors are also actively engaged in the development of programs, policies, and practices. This, indeed, is a revolutionary advance in mental health and human services delivery.

### **About CMHS's NCTIC**

Violence knows no boundaries with regard to age, race, ethnicity, economics, gender, geography, or sexual orientation. Trauma is experienced as the result of violence, abuse, neglect, disaster, war, or other emotionally destructive experiences. Trauma affects us all, directly or indirectly, and can be devastating.

While the prevalence of trauma is more recognized now than ever, there is still great need in creating trauma-informed environments with trauma-specific interventions that support consumers and survivors. CMHS's NCTIC is guided by the fundamental beliefs that people with lived experience of trauma can recover and heal, that TIC is the key to promoting health and recovery, and that the leadership and integration of consumer/survivors into TIC program implementation is fundamental in bringing about program efficacy and effectiveness for both program staff and for people seeking services. CMHS's NCTIC priority focuses include:

- TIC integration into state mental health system transformation
- TIC integration that incorporates peer leadership in trauma integration teams.

In true partnership with consumers and survivors, NCTIC will provide training and technical assistance to programs and services committed to taking necessary steps to integrate trauma-informed values and practices.

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